

Name:	Date:
Visualization	
List 1-3 goals you'd like to reach or areas of weakness that you'd like to improve on.	
Pick one to focus on. What needs to happen in order for you goal or improving your weakness?	u to be successful in reaching your
In the space below, draw a picture of you being successful as you reach your goal or improving your weakness. (Alternatively, list the steps you need to take to be successful.)	